

# Walking to School

## Safe Routes to School

Ask your principal for your school's Safe Routes to School plan.

## Walk Your Child to School

"Walk to School" is a program that aims to get children to walk and bicycle safely to and from school in groups, or accompanied by adults. This gives kids a chance to be more physically active, to practice safe pedestrian skills, and to learn more about the environment. This may help them to make walking an enjoyable part of their lives.

Each year one day in October is dedicated to walking to school. To find out more about "Walk to School Day" visit <http://www.walktoschool.org/>. Start planning now to make your "Walk to School Day" successful!

For information about registration and more contact Jane Lambert at [janelambert@utah.gov](mailto:janelambert@utah.gov).

## Walking School Bus

A "Walking School Bus" makes it easier and safer for students to walk to school. A walking school bus consists of a group of children walking to school with one or more adults. It can be as simple as two families taking turns walking their children to school or more structured with routes, meeting points, a timetable and regularly rotating "bus drivers."

To find out more about a "Walking School Bus" and how you can get one started visit <http://www.walkingschoolbus.org/>.

